

### Abstract

A device for retaining a tongue in a predetermined position, the device comprising, a flange having a first and second surface, the flange further including a protrusion extending from the first surface of the flange; and an aperture formed  
5 through the first and second surfaces of the flange, wherein the protrusion covers the aperture, whereby the protrusion form a hollow chamber, the hollow chamber is accessible through the aperture from the second side of the flange.